Tobacco Cessation

Modifiable Factors

- Trainees who have the lowest levels of fitness on entry to the military are at greater risk of injury during basic training

- Trainees who **smoke cigarettes** experience significantly more injuries than those who do not. This has been shown to be true for infantry as well.

MCI source: Chapter 6

Nicotine

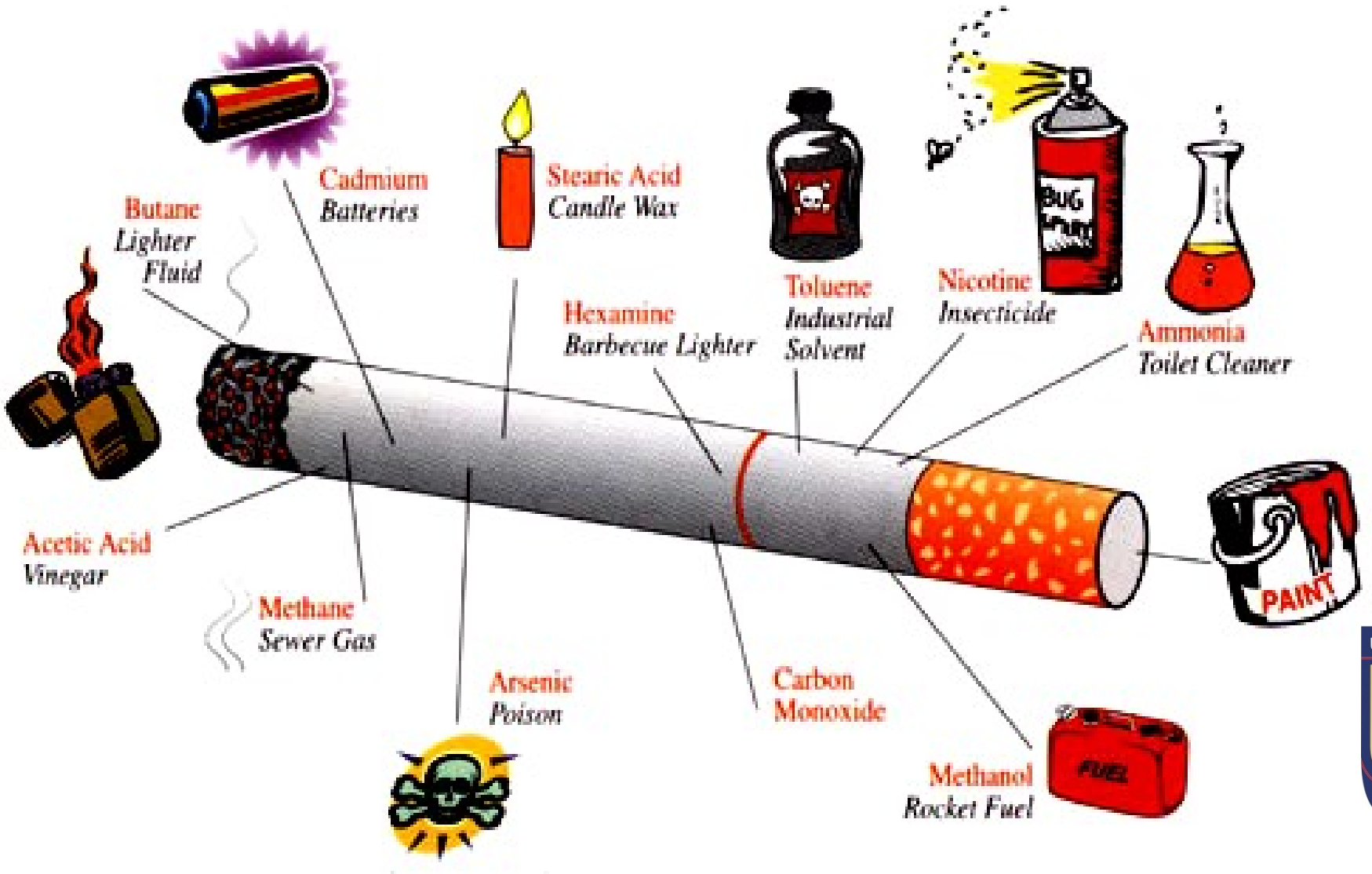
- Addictive agent in tobacco
- Acts on the brain as a stimulant, depressant, or tranquilizer, depending on the dosage.
- Physical and behavioral characteristics that determine tobacco addiction are similar to those that determine addiction to drugs such as heroin and cocaine.

Nicotine

Chemical/Physical Addiction

- Reaches brain in 7 seconds after you inhale and fools your brain into “feeling good”
- Affects the chemistry of the brain and nervous system
- Smokers may rely on cigarettes to regulate their moods
- Increases heart rate
- Increases blood pressure
- Causes rapid, shallow breathing

Would you drink these chemicals?



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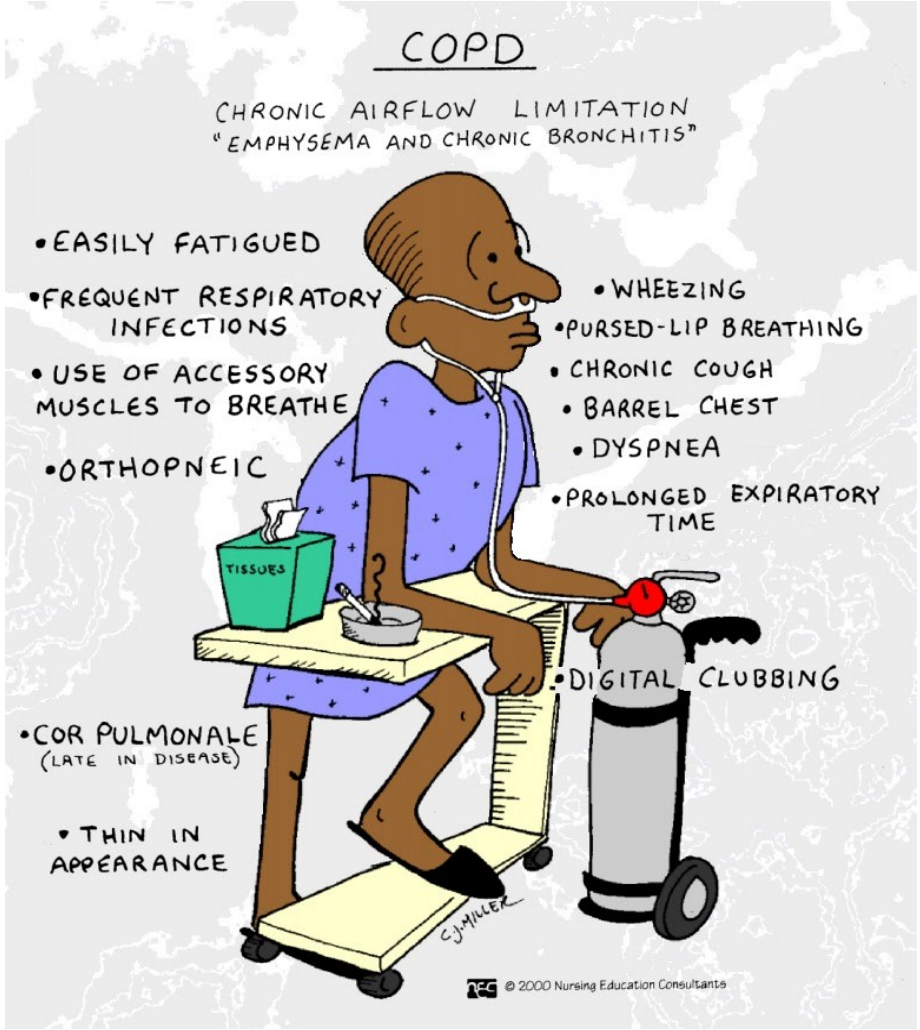
Damage caused by smoking

- **COPD**
  - Chronic Obstructive Pulmonary Disease
  - More than 21 million people in the US suffer from it
  - The 3rd leading cause of death
  - 80-90% of COPD deaths are caused by smoking
  - There is no cure

COPD
Signs and Symptoms



- Progressive Disease = Signs and symptoms may be mild at first and become more severe over time

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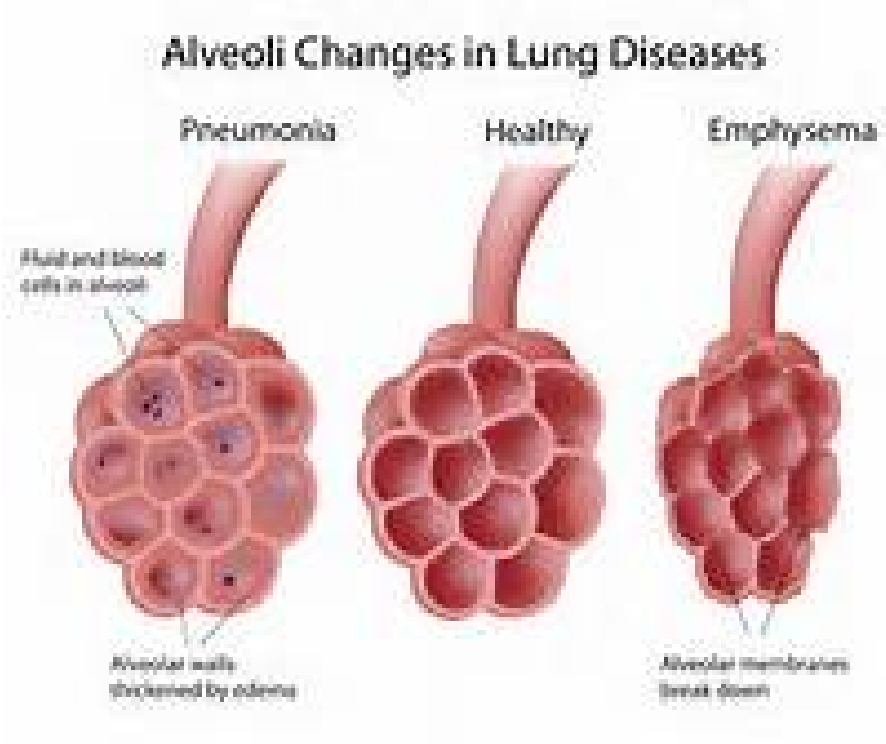
Damage caused by smoking

- Chronic Bronchitis
  - Disease where the airways make too much mucus, causing the person to cough.
  - Symptoms can get better at times, but the cough keeps coming back.
  - No cure, but quitting can help control the symptoms.
  - Quitting smoking helps keep the damage from getting worse.

Damage caused by smoking

- Emphysema
  - Slowly destroys a person's ability to breathe



GET ON THE PATH TO A HEALTHIER YOU!
IF YOU QUIT SMOKING RIGHT NOW:
After 15 years
Your risk of coronary heart disease is the same as a non-smoker's
After 10 years
You are half as likely to die from lung cancer. Your risk of larynx or pancreatic cancer decreases
After 5 years
Your risk of cancer of the mouth, throat, esophagus, and bladder are cut in half
After 1 year
Your risk of coronary heart disease is cut in half
Within 3 months
Your circulation and lung function improves
Within 20 minutes
Your heart rate and blood pressure drop
Within 9 months
You will cough less and breathe easier
Within 12 hours
The carbon monoxide level in your blood drops to normal
1 Effect of smoking on arterial stiffness and pulse pressure amplification. Mahmud A, Feely J. Hypertension. 2003;41:183
2 US Surgeon General's Report, 1988, p. 202
3 US Surgeon General's Report, 1990, pp.193, 194,196, 285, 323
4 US Surgeon General's Report, 1990, pp. 285-287, 304
5 US Surgeon General's Report, 2010, p. 359
6 A Report of the Surgeon General: How Tobacco Smoke Causes Disease – The Biology and Behavioral Basis for Smoking-Attributable Disease Fact Sheet, 2010; and Tobacco Control: Reversal of Risk After Quitting Smoking. IARC Handbooks of Cancer Prevention, Vol. 11. 2007, p. 341
7 A Report of the Surgeon General: How Tobacco Smoke Causes Disease – The Biology and Behavioral Basis for Smoking-Attributable Disease Fact Sheet, 2010; and US Surgeon General's Report, 1990, pp. vi, 155, 165
8 Tobacco Control: Reversal of Risk After Quitting Smoking. IARC Handbooks of Cancer Prevention, Vol. 11. 2007, p. 11
www.BeTobaccoFree.gov

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Smokeless Tobacco

- One can of smokeless tobacco has the same nicotine as over 5 packs of cigarettes
- The cancer causing chemicals in tobacco are 100x stronger than in cigarettes.
- One can of smokeless tobacco contains a lethal dose of tobacco if a child or animal eats it.

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Smokeless Tobacco

- Over 50% of smokeless tobacco users develop pre-cancerous sores within 3 ½ years of use.

- 300,000 new cases of oral cancer in the US every year

- Smokeless tobacco users are 5 times more likely to loose all their teeth, have receding gums and tooth decay due to tooth abrasion from sand and grit in the tobacco as well as the addition of sugar to the dip.

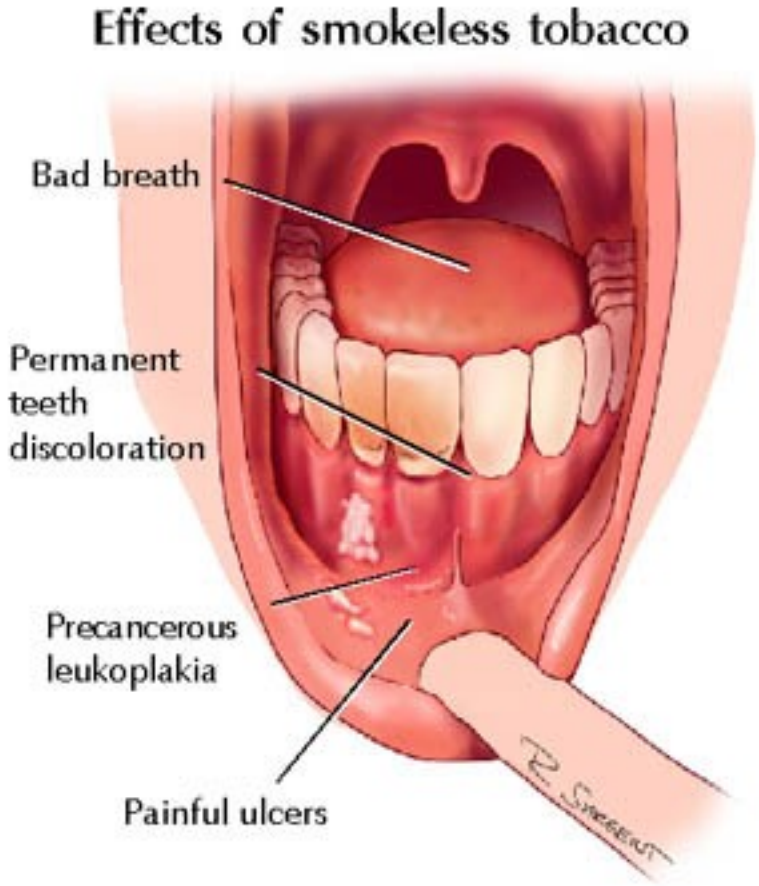
Health Consequences of Dip Use

- Increased heart rate
- Heart disease
- Stroke
- High blood pressure
- Delayed wound healing
- Peptic ulcer disease
- Low birth weight babies and other reproductive disorders
- Addiction and dependence

Check Your Mouth Often. Look closely at places where you hold the tobacco.

See your doctor or dentist right away if you have:

- A sore that bleeds easily and doesn’t heal.
- A lump or thickening anywhere in your mouth or neck.
- Soreness or swelling that doesn’t go away.
- White lump or patch in the mouth.
- Prolonged sore throat.
- Difficulty chewing.
- Difficulty swallowing, feeling that something is stuck in the throat.
- Difficulty moving the tongue or jaw.



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HOOKAH

Hookah smoke:

- Contains high levels of toxic compounds including tar, carbon monoxide and heavy metals
- Delivers about same amount of nicotine as cigarette smoking
- Increases risk of spreading infectious diseases
- An hour-long hookah session involves 200 puffs, while smoking an average cigarette involves 20 puffs.

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E- Cigarettes

FDA STATEMENT

E-cigarettes have not been fully studied so consumers currently do not know:

- how much nicotine or other potentially harmful chemicals are being inhaled during use, or
- if there are any benefits associated with using these products.
- not known if e-cigarettes may lead young people to try other tobacco products, including conventional cigarettes, which are known to cause disease and lead to premature death.

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E-Cigarette Contents:

Usually a combination of nicotine, flavorings, propylene glycol (a solvent) and other additives.

Some products contain nicotine amounts comparable to regular tobacco cigarettes, while others contain levels closer to that of a light cigarette.

There are also cartridges available that contain flavored liquid without nicotine.

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Liquid Nicotine

- Liquid nicotine is extracted from tobacco, but unlike tobacco leaves it can be lethal
- Less than 1 Tbsp of many e-liquids is enough to kill an adult if ingested or absorbed in your skin.
- The number of calls to poison control centers regarding e-cigarettes has ***increased 41.7% from 2010 to 2014***

*Some testing suggests it's not only the nicotine that may be dangerous. Certain e-cigarette devices may also release metals during use, such as tin.

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E Cigarettes: Lack of Disclosure

- The safety of e-cigarettes is still unknown.
- We are not sure of the ingredients used in these products.
- The amount of nicotine listed on a cartridge label may not match the actual amount in the cartridge.
- Lab tests indicate there is still a low dose of nicotine in “nicotine-free” cartridges.

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